

## COMPLETE REMISE EN FORME PROGRAMS

Ideally, for maximum benefit the treatments should be spread onto 2 days – as below - and combined or alternated with 1 or 2 days of regeneration to devote to other activities, or free SPA time only. However, at your discretion you may choose to go through the full treatment program in 1 day.

### **PROGRAM RELAX**

*Total relaxation, rebalancing,  
regeneration*

### **PROGRAM VITA**

*Detoxifying, vitality, tone*

### **PROGRAM SPORT**

*Myorelaxant, lymph draining,  
soothing*

#### **\* "RELAX" PACKAGE - Total relaxation, rebalancing, regeneration**

##### 1st day of treatments

- Joint release manipulation and skin deep-cleansing (whole body) with skin purifying solution and essential oils.
- SPA path customized with the assistance of qualified staff to derive maximum benefit from the healthy effects of Finnish Sauna, Turkish Bath, Salt Steambath, Bio-sauna, Laconium, Hydromassage and Kneipp pools
- Final oleation

##### 2nd day of treatments

- Customized SPA path (as above)
- Full body relaxing massage: with gentle movements releases involuntary muscular tensions caused by stress and fosters deep breathing. It has a deep relaxing and draining effect which helps to restore the natural balance between body and mind
- Algae pack with essential oils for the whole body. Thanks to a combination of precious active ingredients, it purifies, deep-hydrates and supplies real nourishment to the skin, stimulating its regeneration. The final result is silky smooth skin and a delightful feeling of relaxation.
- "Water and Light" facial treatment. Detoxifying and with a lifting effect, relaxes facial features and instantly gives a glowing complexion.

#### **\* "VITA" PACKAGE - Detoxifying, vitality, tone**

##### 1st day of treatments

- Joint release manipulation and skin deep-cleansing (whole body) with skin purifying solution and essential oils.

- SPA path customized with the assistance of qualified staff to derive maximum benefit from the healthy effects of Finnish Sauna, Turkish Bath, Salt Steambath, Bio-sauna, Laconium, Hydromassage and Kneipp Pools
- Final oleation

#### 2nd day of treatments

- Customized SPA path (as above)
- Full body detoxifying massage, stimulating and regenerative. Adjusted according to your physical condition and personal features (e.g. presence or not of fragile capillaries), stimulates blood micro-circulation and toxin removal. Promotes optimal blood flow and tissue regeneration. Combats tiredness and heaviness. A real energy boost.
- Ying or Yang whole body algae pack
  - Ying wrap: re-mineralising, nourishing, astringent, decongestant, toning
  - Yang wrap: re-mineralising, nourishing, with slightly counter-irritant action, detoxifying, stimulating.

Ideal preparation for anti-cellulite and adipose zones treatments. Gives a pleasant and long-lasting feeling of lightness.
- "Water and Light" facial treatment. Detoxifying and with a lifting effect, relaxes facial features and instantly gives a glowing complexion.

#### \* "AFTER SPORT" PACKAGE - Myorelaxant, lymph draining, soothing

##### 1st day of treatments

- Joint release manipulation and skin deep-cleansing (whole body) with skin purifying solution and essential oils.
- SPA path customized with the assistance of qualified staff to derive maximum benefit from the healthy effects of Finnish Sauna, Turkish Bath, Salt Steambath, Bio-sauna, Laconium, Hydromassage and Kneipp Pools
- Final oleation

##### 2nd day of treatments

- Customized SPA path (as above)
- Sport massage: Ideal after sport but not only. Loosens contracted, stiff muscles and helps to restore correct posture. Stimulates lymphatic circulation.
- Salt pack: pack with strong draining properties. Helps to remove toxins and neutralize free radicals after physical activity. For a maximum regenerating

effect, the treatment ends with the application of a leg soothing gel, which prolongs the treatment's beneficial action.

- "Water and Light" facial treatment. Detoxifying and with a lifting effect, relaxes facial features and instantly gives a glowing complexion.